

Guidance on use of Ladders and Ladder/Stair/Platform Combinations

Activity	Device	Limitations, “Safety Don’ts”	Basic “Safety Do’s”
Access to elevated platforms	Fixed vertical ladders, portable straight ladders, “job made” ladders, or extension (ext.) ladders	Do not work from ladder Do not carry anything by hand Do not use a “job made” ladder unless it has been checked by EH&S	Maintain 3 points of contact while transitioning Use tool belt or rope + bucket to transport tools to and from elevated platform Ensure the ladder sides extend 3 ft. above the platform Anchor top of ladder to platform Use spotter at the base of the ext. or portable straight ladder if not anchored or footing is “not ideal” Wear hard hat if you are beneath other on-going work Specify hardhats below your work area Ext. or portable straight ladder base-to-wall dist. ¼ of height
Limited localized non-installation activities such as spot repairs, beam line component diagnostics, physical measurements	Movable ext. ladders or A-frame step ladder A-frame step ladder always preferred	Limited duration activities of activities (~1 hour) No initial installation of elevated components and no component replacement from ladder. Do not carry anything by hand while transitioning Do not climb above the safe working height Do not lean to one side – “belt buckle inside the rails” Do not exceed rated load capacity	Use tool belt or rope + bucket to transport tools and equipment Keep body centerline betw. ladder rails Use a spotter at the base of the ext. ladder if not anchored or ladder footing is “not ideal” Wear hard hat if you are beneath other on-going work Specify hardhats below your work area Ext. ladder base-to-wall dist. ¼ of height
Cable installation, limited localized diagnostics and minor repair, movement, or replacement of elevated components < 26 lb. (1 lead brick)	Moveable A-frame step ladder or ladder/stair/platform combination Ladder/stair/platform combination always preferred	Limited duration activities of activities (~4 hours) Removal/replacement of installed elevated components up to 26 lbs. using Ladder/Stair/ Platforms only Do not carry anything by hand while transitioning Do not climb above the safe working height Do not lean to one side – “belt buckle inside the rails” Do not exceed rated load capacity	Use tool belt or rope + bucket to transport tools, equipment, or components to and from platform Keep body centerline betw. ladder /stair/platform rails Use a spotter at the base of the ext. ladder if not anchored or ladder footing is “not ideal” Wear hard hat if you are beneath other on-going work Specify hardhats below your work area